

Longwood 50+ Center

January 2017

Days of Operation: Tuesday 9:00am – 1:30pm

Wednesday 9:00am – 2:00pm



6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

www.howardcountyyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>2</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm</div> <div>3</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm</div> <div>4</div>	<div></div> <div>5</div>	<div></div> <div>6</div>
<div></div> <div>9</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm</div> <div>10</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm</div> <div>11</div>	<div></div> <div>12</div>	<div></div> <div>13</div>
<div></div> <div>16</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm</div> <div>17</div>	<div>Chinese Exercise 9:00am Bingo 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm</div> <div>18</div>	<div></div> <div>19</div>	<div></div> <div>20</div>
<div></div> <div>23</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm</div> <div>24</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm</div> <div>25</div>	<div></div> <div>26</div>	<div></div> <div>27</div>
<div></div> <div>30</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm</div> <div>31</div>	<div></div>	<div></div>	<div></div>